

BODY PART SPLIT PROGRAM

WEEK
1

CHEST & TRICEPS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BARBELL BENCH PRESS	3	6	7	3-4MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
DUMBBELL INCLINE PRESS	3	8	8	2-3MIN				KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
CABLE FLYE	3	12	8	1-2MIN				KEEP YOUR SCAPULAE RETRACTED, PULL YOUR INNER ELBOWS TOGETHER (NOT YOUR HANDS)	
ASSISTED DIP	3	10	7	1-2MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
DUMBBELL SKULL CRUSHER	3	12	8	1-2MIN				KEEP YOUR ELBOWS INLINE WITH THE TOP OF YOUR HEAD, DON'T LET YOUR UPPER ARM MOVE	

*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

LEGS & ABS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	6	7	3-4MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
ROMANIAN DEADLIFT	3	8	7	2-3MIN				MAINTAIN A NEUTRAL LOWER BACK, SET YOUR HIPS BACK, DON'T ALLOW YOUR SPINE TO ROUND	
BARBELL HIP THRUST	3	12	8	2-3MIN				TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
LEG EXTENSION	3	12	8	1-2MIN				FOCUS ON SQUEEZING YOUR QUADS TO MAKE THE WEIGHT MOVE	
LEG CURL	3	12	8	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	2	8	7	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
CRUNCH	2	12	7	1-2MIN				FOCUS ON FLEXING YOUR SPINE, DON'T YANK YOUR HEAD WITH YOUR ARMS	

*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

BACK & BICEPS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
REVERSE GRIP LAT PULLDOWN	3	8	8	2-3MIN				PULL YOUR ELBOWS DOWN AGAINST YOUR SIDES, USE SHOULDER WIDTH GRIP	
CABLE SEATED ROW	3	10	8	2-3MIN				USE A V-BAR GRIP, LET YOUR SCAPULAE PROTRACT DURING THE ECCENTRIC	
CHEST-SUPPORTED T-BAR ROW	3	12	8	2-3MIN				RETRACT YOUR SCAPULAE DURING THE CONCENTRIC, PROTRACT YOUR SCAPULAE DURING THE ECCENTRIC	
SEATED FACE PULL	3	15	8	1-2MIN				PULL YOUR ARMS BACK AND OUT	
DUMBBELL SUPINATED CURL	3	12	8	1-2MIN				DRIVE YOUR PINKY INTO THE HANDLE HARDER THAN YOUR POINTER FINGER	

*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

LEGS & ABS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	5	7	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
DUMBBELL WALKING LUNGE	3	10	8	2-3MIN				10 STEPS EACH LEG. TAKE MEDIUM STRIDES, LET YOUR TORSO LEAN FORWARD	
SINGLE-LEG LEG EXTENSION	2	15	8	1-2MIN				FOCUS ON SQUEEZING YOUR QUADS TO MAKE THE WEIGHT MOVE	
SINGLE-LEG LYING LEG CURL	2	15	8	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
MACHINE SEATED HIP ABDUCTION	3	15	7	1-2MIN				KEEP YOUR BUTT IN THE SEAT, FOCUS ON SQUEEZING YOUR GLUTES TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	2	12	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
PLANK	3	20SEC	8	1-2MIN				SQUEEZE YOUR GLUTES, KEEP YOUR HIPS LOW	

*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

SHOULDERS & ARMS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
MILITARY PRESS	3	6	7	3-4MIN				SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
DUMBBELL LATERAL RAISE	3	12	8	1-2MIN				TIFF THE DUMBBELL SUCH THAT YOUR PINKY COMES UP FIRST	
CABLE REVERSE FLYE	3	15	8	1-2MIN				PROTRACT YOUR SCAPULAE, SWEEP THE WEIGHT OUT AND BACK	
SINGLE-ARM ROPE TRICEP EXTENSION	2	12	8	1-2MIN				PULL YOUR ARM BEHIND YOUR TORSO, DON'T MOVE YOUR UPPER ARM	
SINGLE-ARM CABLE CURL	2	12	8	1-2MIN				FACE AWAY FROM THE CABLE YOU ARE USING, KEEP YOUR ARM BEHIND YOUR TORSO	

*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

BODY PART SPLIT **PROGRAM**

WEEK
2

CHEST & TRICEPS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BARBELL BENCH PRESS	3	6	7	3-4MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
DUMBBELL INCLINE PRESS	3	8	8	2-3MIN				KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
CABLE FLYE	3	12	8	1-2MIN				KEEP YOUR SCAPULAE RETRACTED, PULL YOUR INNER ELBOWS TOGETHER (NOT YOUR HANDS)	
ASSISTED DIP	3	10	7	1-2MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
DUMBBELL SKULL CRUSHER	3	12	8	1-2MIN				KEEP YOUR ELBOWS INLINE WITH THE TOP OF YOUR HEAD, DON'T LET YOUR UPPER ARM MOVE	

*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

LEGS & ABS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	6	7	3-4MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
ROMANIAN DEADLIFT	3	8	7	2-3MIN				MAINTAIN A NEUTRAL LOWER BACK, SET YOUR HIPS BACK, DON'T ALLOW YOUR SPINE TO ROUND	
BARBELL HIP THRUST	3	12	8	2-3MIN				TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
LEG EXTENSION	3	12	8	1-2MIN				FOCUS ON SQUEEZING YOUR QUADS TO MAKE THE WEIGHT MOVE	
LEG CURL	3	12	8	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	2	8	7	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
CRUNCH	2	12	7	1-2MIN				FOCUS ON FLEXING YOUR SPINE, DON'T YANK YOUR HEAD WITH YOUR ARMS	

*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

BACK & BICEPS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
REVERSE GRIP LAT PULLDOWN	3	8	8	2-3MIN				PULL YOUR ELBOWS DOWN AGAINST YOUR SIDES, USE SHOULDER WIDTH GRIP	
CABLE SEATED ROW	3	10	8	2-3MIN				USE A V-BAR GRIP, LET YOUR SCAPULAE PROTRACT DURING THE ECCENTRIC	
CHEST-SUPPORTED T-BAR ROW	3	12	8	2-3MIN				RETRACT YOUR SCAPULAE DURING THE CONCENTRIC, PROTRACT YOUR SCAPULAE DURING THE ECCENTRIC	
SEATED FACE PULL	3	15	8	1-2MIN				PULL YOUR ARMS BACK AND OUT	
DUMBBELL SUPINATED CURL	3	12	8	1-2MIN				DRIVE YOUR PINKY INTO THE HANDLE HARDER THAN YOUR POINTER FINGER	

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TOTAL TRAINING TIME:

LEGS & ABS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	5	7	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
DUMBBELL WALKING LUNGE	3	10	8	2-3MIN				10 STEPS EACH LEG. TAKE MEDIUM STRIDES, LET YOUR TORSO LEAN FORWARD	
SINGLE-LEG LEG EXTENSION	2	15	8	1-2MIN				FOCUS ON SQUEEZING YOUR QUADS TO MAKE THE WEIGHT MOVE	
SINGLE-LEG LYING LEG CURL	2	15	8	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
MACHINE SEATED HIP ABDUCTION	3	15	7	1-2MIN				KEEP YOUR BUTT IN THE SEAT, FOCUS ON SQUEEZING YOUR GLUTES TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	2	12	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
PLANK	3	20SEC	8	1-2MIN				SQUEEZE YOUR GLUTES, KEEP YOUR HIPS LOW	

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TOTAL TRAINING TIME:

SHOULDERS & ARMS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
MILITARY PRESS	3	6	7	3-4MIN				SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
DUMBBELL LATERAL RAISE	3	12	8	1-2MIN				TIFF THE DUMBBELL SUCH THAT YOUR PINKY COMES UP FIRST	
CABLE REVERSE FLYE	3	15	8	1-2MIN				PROTRACT YOUR SCAPULAE, SWEEP THE WEIGHT OUT AND BACK	
SINGLE-ARM ROPE TRICEP EXTENSION	2	12	8	1-2MIN				PULL YOUR ARM BEHIND YOUR TORSO, DON'T MOVE YOUR UPPER ARM	
SINGLE-ARM CABLE CURL	2	12	8	1-2MIN				FACE AWAY FROM THE CABLE YOU ARE USING, KEEP YOUR ARM BEHIND YOUR TORSO	

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BODY PART SPLIT **PROGRAM**

WEEK
3

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DUMBBELL INCLINE PRESS	3	8	8	2-3MIN				KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
CABLE FLYE	3	12	8	1-2MIN				KEEP YOUR SCAPULAE RETRACTED, PULL YOUR INNER ELBOWS TOGETHER (NOT YOUR HANDS)	
ASSISTED DIP	3	10	7	1-2MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
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ROMANIAN DEADLIFT	3	8	7	2-3MIN				MAINTAIN A NEUTRAL LOWER BACK, SET YOUR HIPS BACK, DON'T ALLOW YOUR SPINE TO ROUND	
BARBELL HIP THRUST	3	12	8	2-3MIN				TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
LEG EXTENSION	3	12	8	1-2MIN				FOCUS ON SQUEEZING YOUR QUADS TO MAKE THE WEIGHT MOVE	
LEG CURL	3	12	8	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
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MACHINE SEATED HIP ABDUCTION	3	15	7	1-2MIN				KEEP YOUR BUTT IN THE SEAT, FOCUS ON SQUEEZING YOUR GLUTES TO MAKE THE WEIGHT MOVE	
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WEEK
4

CHEST & TRICEPS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BARBELL BENCH PRESS	3	6	7	3-4MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
DUMBBELL INCLINE PRESS	3	8	8	2-3MIN				KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
CABLE FLYE	3	12	8	1-2MIN				KEEP YOUR SCAPULAE RETRACTED, PULL YOUR INNER ELBOWS TOGETHER (NOT YOUR HANDS)	
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BARBELL HIP THRUST	3	12	8	2-3MIN				TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
LEG EXTENSION	3	12	8	1-2MIN				FOCUS ON SQUEEZING YOUR QUADS TO MAKE THE WEIGHT MOVE	
LEG CURL	3	12	8	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
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SINGLE-LEG LYING LEG CURL	2	15	8	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
MACHINE SEATED HIP ABDUCTION	3	15	7	1-2MIN				KEEP YOUR BUTT IN THE SEAT, FOCUS ON SQUEEZING YOUR GLUTES TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	2	12	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
PLANK	3	20SEC	8	1-2MIN				SQUEEZE YOUR GLUTES, KEEP YOUR HIPS LOW	

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TOTAL TRAINING TIME:

BODY PART SPLIT **PROGRAM**

WEEK
5

CHEST & TRICEPS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BARBELL BENCH PRESS	3	8	8	3-4MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
MACHINE INCLINE CHEST PRESS	3	12	8	2-3MIN				KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
PEC DECK	3	12	8	1-2MIN				KEEP YOUR SCAPULAE RETRACTED, PULL YOUR INNER ELBOWS TOGETHER (NOT YOUR HANDS)	
ASSISTED DIP	3	6	8	1-2MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
CABLE TRICEP KICKBACK	3	15	8	1-2MIN				KEEP YOUR ELBOWS BEHIND YOUR TORSO, DON'T LET YOUR UPPER ARM MOVE	

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TOTAL TRAINING TIME:

LEGS & ABS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	5	8	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
GOBLET SQUAT	3	12	8	2-3MIN				HOLD A DUMBBELL DIRECTLY UNDERNEATH YOUR CHIN, SIT BACK AND DOWN, PUSH YOUR KNEES OUT LATERALLY	
DUMBBELL SINGLE-LEG HIP THRUST	3	10	9	2-3MIN				PLACE THE DUMBBELL ON YOUR WORKING THIGH, TUCK YOUR CHIN AND RIB CAGE, ONLY MOVE YOUR HIPS	
LEG PRESS	3	12	8	1-2MIN				MEDIUM FEET PLACEMENT ON THE PLATFORM, DON'T ALLOW YOUR LOWER BACK TO ROUND	
LYING LEG CURL	3	15	9	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	3	8	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
BICYCLE CRUNCH	3	12	8	1-2MIN				FOCUS ON FLEXING AND ROTATING YOUR SPINE, BRING YOUR LEFT ELBOW TO RIGHT KNEE, RIGHT ELBOW TO LEFT KNEE	

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TOTAL TRAINING TIME:

BACK & BICEPS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
LAT PULLDOWN	3	6	8	2-3MIN				PULL YOUR ELBOWS STRAIGHT OUT TO YOUR SIDES, USE A 1.5X SHOULDER WIDTH GRIP	
DUMBBELL ROW	3	12	8	2-3MIN				BRACE ONTO A BENCH FOR SUPPORT, PULL YOUR ELBOW AGAINST YOUR SIDES	
BARBELL BENT OVER ROW	3	12	8	2-3MIN				LEAN YOUR TORSO OVER AT A 45° ANGLE, KEEP YOUR LOWER BACK NEUTRAL, DOUBLE OVERHAND GRIP	
REVERSE PEC DECK	3	15	8	1-2MIN				PROTRACT YOUR SCAPULAE, SWEEP THE WEIGHT OUT AND BACK	
EZ BAR CURL	3	15	8	1-2MIN				DRIVE YOUR PINKY INTO THE HANDLE HARDER THAN YOUR POINTER FINGER	

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LEGS & ABS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
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STANDING CALF RAISE	3	6	9	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
HANGING LEG RAISE	3	6	8	1-2MIN				FOCUS ON FLEXING YOUR LOWER BACK, PERFORM OFF OF CAPTAIN'S CHAIR	
MACHINE SEATED HIP ABDUCTION	3	20	9	1-2MIN				KEEP YOUR BUTT IN THE SEAT, FOCUS ON SQUEEZING YOUR GLUTES TO MAKE THE WEIGHT MOVE	

*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

SHOULDERS & ARMS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DUMBBELL SEATED SHOULDER PRESS	3	10	8	3-4MIN				BRING THE DUMBBELL ALL THE WAY DOWN TO YOUR SHOULDERS, KEEP YOUR TORSO UPRIGHT	
CABLE LATERAL RAISE	3	10	8	1-2MIN				LEAN AWAY FROM THE MACHINE, ARMS STRAIGHT OUT TO YOUR SIDE	
DUMBBELL BENT OVER LATERAL RAISE	3	12	8	1-2MIN				LEAN OVER SUCH THAT YOUR TORSO IS PARALLEL WITH THE GROUND, RAISE YOUR ARMS DIRECTLY OUT TO YOUR SIDES	
DUMBBELL FLOOR PRESS	2	15	8	1-2MIN				TUCK YOUR ELBOWS AGAINST YOUR SIDES	
HAMMER CURL	2	8	8	1-2MIN				NEUTRAL GRIP, PREVENT YOUR UPPER ARM FROM MOVING	

*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

BODY PART SPLIT **PROGRAM**

WEEK
6

CHEST & TRICEPS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BARBELL BENCH PRESS	3	8	8	3-4MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
MACHINE INCLINE CHEST PRESS	3	12	8	2-3MIN				KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
PEC DECK	3	12	8	1-2MIN				KEEP YOUR SCAPULAE RETRACTED, PULL YOUR INNER ELBOWS TOGETHER (NOT YOUR HANDS)	
ASSISTED DIP	3	6	8	1-2MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
CABLE TRICEP KICKBACK	3	15	8	1-2MIN				KEEP YOUR ELBOWS BEHIND YOUR TORSO, DON'T LET YOUR UPPER ARM MOVE	

*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

LEGS & ABS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	5	8	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
GOBLET SQUAT	3	12	8	2-3MIN				HOLD A DUMBBELL DIRECTLY UNDERNEATH YOUR CHIN, SIT BACK AND DOWN, PUSH YOUR KNEES OUT LATERALLY	
DUMBBELL SINGLE-LEG HIP THRUST	3	10	9	2-3MIN				PLACE THE DUMBBELL ON YOUR WORKING THIGH, TUCK YOUR CHIN AND RIB CAGE, ONLY MOVE YOUR HIPS	
LEG PRESS	3	12	8	1-2MIN				MEDIUM FEET PLACEMENT ON THE PLATFORM, DON'T ALLOW YOUR LOWER BACK TO ROUND	
LYING LEG CURL	3	15	9	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	3	8	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
BICYCLE CRUNCH	3	12	8	1-2MIN				FOCUS ON FLEXING AND ROTATING YOUR SPINE, BRING YOUR LEFT ELBOW TO RIGHT KNEE, RIGHT ELBOW TO LEFT KNEE	

*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

BACK & BICEPS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
LAT PULLDOWN	3	6	8	2-3MIN				PULL YOUR ELBOWS STRAIGHT OUT TO YOUR SIDES, USE A 1.5X SHOULDER WIDTH GRIP	
DUMBBELL ROW	3	12	8	2-3MIN				BRACE ONTO A BENCH FOR SUPPORT, PULL YOUR ELBOW AGAINST YOUR SIDES	
BARBELL BENT OVER ROW	3	12	8	2-3MIN				LEAN YOUR TORSO OVER AT A 45° ANGLE, KEEP YOUR LOWER BACK NEUTRAL, DOUBLE OVERHAND GRIP	
REVERSE PEC DECK	3	15	8	1-2MIN				PROTRACT YOUR SCAPULAE, SWEEP THE WEIGHT OUT AND BACK	
EZ BAR CURL	3	15	8	1-2MIN				DRIVE YOUR PINKY INTO THE HANDLE HARDER THAN YOUR POINTER FINGER	

*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

LEGS & ABS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	8	8	3-4MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
BARBELL HIP THRUST	3	8	8	2-3MIN				TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
ROMANIAN DEADLIFT	3	12	8	2-3MIN				MAINTAIN A NEUTRAL LOWER BACK, SET YOUR HIPS BACK, DON'T ALLOW YOUR SPINE TO ROUND	
SEATED LEG CURL	3	8	9	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	3	6	9	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
HANGING LEG RAISE	3	6	8	1-2MIN				FOCUS ON FLEXING YOUR LOWER BACK, PERFORM OFF OF CAPTAIN'S CHAIR	
MACHINE SEATED HIP ABDUCTION	3	20	9	1-2MIN				KEEP YOUR BUTT IN THE SEAT, FOCUS ON SQUEEZING YOUR GLUTES TO MAKE THE WEIGHT MOVE	

*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

SHOULDERS & ARMS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DUMBBELL SEATED SHOULDER PRESS	3	10	8	3-4MIN				BRING THE DUMBBELL ALL THE WAY DOWN TO YOUR SHOULDERS, KEEP YOUR TORSO UPRIGHT	
CABLE LATERAL RAISE	3	10	8	1-2MIN				LEAN AWAY FROM THE MACHINE, ARMS STRAIGHT OUT TO YOUR SIDE	
DUMBBELL BENT OVER LATERAL RAISE	3	12	8	1-2MIN				LEAN OVER SUCH THAT YOUR TORSO IS PARALLEL WITH THE GROUND, RAISE YOUR ARMS DIRECTLY OUT TO YOUR SIDES	
DUMBBELL FLOOR PRESS	2	15	8	1-2MIN				TUCK YOUR ELBOWS AGAINST YOUR SIDES	
HAMMER CURL	2	8	8	1-2MIN				NEUTRAL GRIP, PREVENT YOUR UPPER ARM FROM MOVING	

*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

BODY PART SPLIT **PROGRAM**

WEEK
7

CHEST & TRICEPS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BARBELL BENCH PRESS	3	8	8	3-4MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
MACHINE INCLINE CHEST PRESS	3	12	8	2-3MIN				KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
PEC DECK	3	12	8	1-2MIN				KEEP YOUR SCAPULAE RETRACTED, PULL YOUR INNER ELBOWS TOGETHER (NOT YOUR HANDS)	
ASSISTED DIP	3	6	8	1-2MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
CABLE TRICEP KICKBACK	3	15	8	1-2MIN				KEEP YOUR ELBOWS BEHIND YOUR TORSO, DON'T LET YOUR UPPER ARM MOVE	

*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

LEGS & ABS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	5	8	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
GOBLET SQUAT	3	12	8	2-3MIN				HOLD A DUMBBELL DIRECTLY UNDERNEATH YOUR CHIN, SIT BACK AND DOWN, PUSH YOUR KNEES OUT LATERALLY	
DUMBBELL SINGLE-LEG HIP THRUST	3	10	9	2-3MIN				PLACE THE DUMBBELL ON YOUR WORKING THIGH, TUCK YOUR CHIN AND RIB CAGE, ONLY MOVE YOUR HIPS	
LEG PRESS	3	12	8	1-2MIN				MEDIUM FEET PLACEMENT ON THE PLATFORM, DON'T ALLOW YOUR LOWER BACK TO ROUND	
LYING LEG CURL	3	15	9	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	3	8	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
BICYCLE CRUNCH	3	12	8	1-2MIN				FOCUS ON FLEXING AND ROTATING YOUR SPINE, BRING YOUR LEFT ELBOW TO RIGHT KNEE, RIGHT ELBOW TO LEFT KNEE	

*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

BACK & BICEPS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
LAT PULLDOWN	3	6	8	2-3MIN				PULL YOUR ELBOWS STRAIGHT OUT TO YOUR SIDES, USE A 1.5X SHOULDER WIDTH GRIP	
DUMBBELL ROW	3	12	8	2-3MIN				BRACE ONTO A BENCH FOR SUPPORT, PULL YOUR ELBOW AGAINST YOUR SIDES	
BARBELL BENT OVER ROW	3	12	8	2-3MIN				LEAN YOUR TORSO OVER AT A 45° ANGLE, KEEP YOUR LOWER BACK NEUTRAL, DOUBLE OVERHAND GRIP	
REVERSE PEC DECK	3	15	8	1-2MIN				PROTRACT YOUR SCAPULAE, SWEEP THE WEIGHT OUT AND BACK	
EZ BAR CURL	3	15	8	1-2MIN				DRIVE YOUR PINKY INTO THE HANDLE HARDER THAN YOUR POINTER FINGER	

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TOTAL TRAINING TIME:

LEGS & ABS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
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BARBELL HIP THRUST	3	8	8	2-3MIN				TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
ROMANIAN DEADLIFT	3	12	8	2-3MIN				MAINTAIN A NEUTRAL LOWER BACK, SET YOUR HIPS BACK, DON'T ALLOW YOUR SPINE TO ROUND	
SEATED LEG CURL	3	8	9	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	3	6	9	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
HANGING LEG RAISE	3	6	8	1-2MIN				FOCUS ON FLEXING YOUR LOWER BACK, PERFORM OFF OF CAPTAIN'S CHAIR	
MACHINE SEATED HIP ABDUCTION	3	20	9	1-2MIN				KEEP YOUR BUTT IN THE SEAT, FOCUS ON SQUEEZING YOUR GLUTES TO MAKE THE WEIGHT MOVE	

*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

SHOULDERS & ARMS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DUMBBELL SEATED SHOULDER PRESS	3	10	8	3-4MIN				BRING THE DUMBBELL ALL THE WAY DOWN TO YOUR SHOULDERS, KEEP YOUR TORSO UPRIGHT	
CABLE LATERAL RAISE	3	10	8	1-2min				LEAN AWAY FROM THE MACHINE, ARMS STRAIGHT OUT TO YOUR SIDE	
DUMBBELL BENT OVER LATERAL RAISE	3	12	8	1-2min				LEAN OVER SUCH THAT YOUR TORSO IS PARALLEL WITH THE GROUND, RAISE YOUR ARMS DIRECTLY OUT TO YOUR SIDES	
DUMBBELL FLOOR PRESS	2	15	8	1-2min				TUCK YOUR ELBOWS AGAINST YOUR SIDES	
HAMMER CURL	2	8	8	1-2min				NEUTRAL GRIP, PREVENT YOUR UPPER ARM FROM MOVING	

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TOTAL TRAINING TIME:

BODY PART SPLIT **PROGRAM**

WEEK
8

CHEST & TRICEPS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BARBELL BENCH PRESS	3	8	8	3-4MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
MACHINE INCLINE CHEST PRESS	3	12	8	2-3MIN				KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
PEC DECK	3	12	8	1-2MIN				KEEP YOUR SCAPULAE RETRACTED, PULL YOUR INNER ELBOWS TOGETHER (NOT YOUR HANDS)	
ASSISTED DIP	3	6	8	1-2MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
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TOTAL TRAINING TIME:

LEGS & ABS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	5	8	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
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TOTAL TRAINING TIME:

BACK & BICEPS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
LAT PULLDOWN	3	6	8	2-3MIN				PULL YOUR ELBOWS STRAIGHT OUT TO YOUR SIDES, USE A 1.5X SHOULDER WIDTH GRIP	
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TOTAL TRAINING TIME: